Meals on Wheels Diablo Region enhances the lives of Contra Costa County seniors (age 60 and older) by addressing the full range of their life needs. Over the last 50 years, we have evolved from a provider of meals into a full-service organization dedicated to improving all aspects of a senior’s quality of life. We use a coordinated care service approach that assesses a client’s situation and then provides links to a broad network of support services from nutrition to social interaction to fall prevention to health and wellness. Throughout, our goal is to empower older adults to live independently and with dignity in their homes for as long as possible.

We partner with public and private agencies to provide solutions that keep the best interests of our senior population at heart. We enjoy close ties to key community organizations such as John Muir/Mt. Diablo Community Health Fund and the Contra Costa County Area Agency on Aging (AAA). Working with these organizations, we leverage funding to serve seniors who have the most need and fewest resources.

**EACH YEAR...**

- 9,960 seniors or their adult children call us looking for help
- 6,000 seniors benefit from one or more of our services
- 55% of clients are women
- 30% are 80 years or older
- 60% live alone
- 80% are low or extremely low income
- 9% of our clients are veterans

**MUCH MORE THAN A MEAL**
**OUR HISTORY OF SERVING SENIORS**

- **1968:** Meals on Wheels begins home delivered meals.
- **1971:** Friendly Visitors established to eliminate senior isolation.
- **1972:** C.C. Cafés open for lunch at six senior center locations.
- **1975:** Home Care Registry established to provide respite care and training for low-income seniors.
- **1991:** First annual Crab Dinner fundraiser.
- **1997:** Rotary Clubs purchase meal delivery van.
- **2000:** Birthday Ladies adopt Meals on Wheels clients and create birthday gift bags for each client.
- **2008:** Full Prevention Program launches as a county-wide coalition.
- **2018:** Meals on Wheels Diablo Region celebrates its 50-year anniversary.

**OUR VOLUNTEERS MAKE THE DIFFERENCE**

More than 1,500 volunteers deliver meals, set up cafes, visit homebound seniors, organize fundraising efforts, and help in the office. Very often that friendly voice on the phone or the caring face you see, ready to help, is a volunteer.

As the number of seniors and their needs increase, we are constantly recruiting and training volunteers. Both volunteers and seniors benefit from the experience. It may be just a few hours a week, but it makes a big difference in someone's life.

**“CRITICAL PROGRAMS”**

“Seniors need our support. Meals on Wheels Diablo Region provides critical programs that benefit the health and lives of our seniors. I support their work.”

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**Former Congresswoman George Miller (CA-11)**

**“HOPE FOR THE HOPELESS”**

“Meals on Wheels is more than food. It’s people caring for people, as caring Americans should. It’s resources for the resource-less. It’s a means to cure hunger in the aged; food served with a kind word. To think—well could be your mom, your dad, or even one day—YOU.”

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Jacqueline Aitkin

**“All in all, it is a wonderful time we have together. And I love feeling needed—and I have some reason to exist. I don’t know who gets the most out of it—me or the person I’m visiting.”**

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Volunteer Nadine

**“My favorite thing about volunteering is that helps seniors remain healthier, establish friendships, and develop a support network. And 90 cents of every dollar donated goes directly to client programs.”**

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Volunteer Ray

““I’ve been very blessed in life and lived a good life—it’s time for me to give back to the community.””

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Volunteer Frank
**COordinated Care**
Providing more than a meal, our coordinated care model allows us to address the full range of seniors’ needs by linking them to a network of support services.

**Meals on Wheels**
Is for people age 60 and older who are homebound and unable to cook or shop for themselves. The visit also serves as a health and wellness check, and a social connection. Our volunteer drivers deliver 750 hot, nutritious meals to homebound seniors every weekday.

**C.C. Cafés**
Are places for seniors to gather and enjoy social activities and a meal. Our cafés serve 220 healthy, free or low-cost lunches in 6 locations every weekday.

**Health and Wellness**
Includes an array of services and resources designed to reduce stress, increase mobility, and improve quality of life. These workshops, alternative therapies, and educational sessions encourage older adults to live life to the fullest.

925.937.8311
info@meowdr.org
FRIENDLY VISITORS
Matches isolated seniors with screened and trained volunteers from the community for weekly visits. We provide companionship to 220 homebound seniors every week.

FALL PREVENTION
Helps reduce preventable injuries, loss of independence, costs, and deaths associated with falls among seniors. Our main focus is on exercise, using programs endorsed by the Centers for Disease Control (CDC). Additionally, 180 seniors receive critical home safety improvements every year.

CARE MANAGERS
Provide confidential guidance to help older adults and their families meet long-term care needs. More than 800 seniors every year learn about and access services that improve their quality of life and maximize independence.
Nearly 240,000 people, 21 percent of Contra Costa County’s 1.1 million, are age 60 or older.

MEALS ON WHEELS
DIABLO REGION

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Meals on Wheels Diablo Region is a non-profit 501(c)(3) organization (EIN 95-0044305).

Most people want to age in place and stay in their homes and communities to enjoy good health, social activities, and peace of mind.

Our caring, professional staff at MOW Diablo Region can help—it’s free, and confidential.

We have services and referrals that can make your life better.

MOWDR is supported, in part, by Contra Costa County Community Development Block Grants.
MOWDR is an equal opportunity employer.